

CHP reminds public on precautions against heat stroke during very hot weather

The Centre for Health Protection (CHP) of the Department of Health (DH) today (July 17) reminded members of the public, particularly those undertaking outdoor activities, to take heed of necessary measures against heat stroke and sunburn in very hot weather.

"The public should carry and drink plenty of water to prevent dehydration while engaging in outdoor activities," a spokesman for the CHP said.

"Those engaged in strenuous outdoor activities should avoid beverages containing caffeine, such as coffee and tea, as well as alcohol, as they speed up water loss through the urinary system," the spokesman explained.

"Children, the elderly, the obese and those with chronic illnesses, such as heart disease or high blood pressure, are more vulnerable to heat stroke. They should pay special attention," the spokesman added.

The public should adopt the following precautions:

- Wear loose and light-coloured clothing to reduce heat absorption and facilitate sweat evaporation and heat dissipation;
- Avoid vigorous exercise and prolonged activities like hiking or trekking as heat, sweating and exhaustion can place additional demands on the physique;
- Perform outdoor activities in the morning or the late afternoon;
- For indoor activities, open all windows, use a fan or use air-conditioning to maintain good ventilation;
- Do not stay inside a parked vehicle; and
- Reschedule work to cooler times of the day. If working in a hot environment is inevitable, introduce shade in the workplace where practicable. Start work slowly and pick up the pace gradually. Move to a cool area for rest at regular intervals to allow the body to recuperate.

The public should also note the latest and the forecast Ultraviolet (UV) Index released by the Hong Kong Observatory (HKO). When the UV Index is high (6 or above):

- Minimise direct exposure of the skin and the eyes to sunlight;
- Wear long-sleeved and loose-fitting clothes;
- Wear a wide-brimmed hat or use an umbrella;
- Seek a shaded area or put on UV-blocking sunglasses;
- Apply a broad-spectrum sunscreen lotion with a sun protection factor

(SPF) of 15 or above. Apply liberally and reapply after swimming, sweating or towelling off; and

- While using DEET-containing insect repellents for personal protection against mosquito-borne diseases, apply sunscreen first, then insect repellent.

If symptoms develop, such as dizziness, headache, nausea, shortness of breath or confusion, rest and seek help immediately, and seek medical advice as soon as possible.

The public may obtain more information from the DH's Health Education Infoline (2833 0111), [heat stroke](#) page and [UV radiation](#) page; the HKO's Dial-a-Weather (1878 200), latest [weather report and forecast](#), [UV Index](#) and weather information for [hiking and mountaineering](#); and [press releases](#) of the Labour Department on precautions against heat stroke for outdoor workers and their employers when the Very Hot Weather Warning is in force.

Assess the risk of heat stroke to employees

Attention duty announcers, radio and TV stations:

Please broadcast the following special announcement immediately, and repeat it at frequent intervals when the Very Hot Weather Warning is in force:

The Labour Department reminds employers that as the Very Hot Weather Warning is in force, they should assess the risk of heat stroke to their employees and adopt effective preventive measures such as providing cool drinking water, setting up temporary sunshade, providing mechanical aids to reduce physical exertion of employees and providing for employees as far as practicable covered space with good ventilation for rest and meals. Employees should drink water regularly and be mindful of their physical condition. If early heat stroke symptoms such as headache and thirst appear, they should rest in a cool or shady place and drink water immediately. They should also inform their supervisors to take appropriate action.

Very Hot Weather Warning issued

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

The Hong Kong Observatory has issued the Very Hot Weather Warning.

To prevent heat stroke, avoid prolonged activities outdoors.

If engaged in outdoor work or activities, wear a wide-brimmed hat and light-coloured, loose-fitting clothes. Stay in shaded areas as much as possible.

Drink plenty of water, and avoid beverages containing caffeine or alcohol.

If you feel sick, consult a doctor right away.

Government gazettes compulsory testing notice

The Government exercises the power under the Prevention and Control of Disease (Compulsory Testing for Certain Persons) Regulation (Cap. 599J) and publishes in the Gazette a compulsory testing notice, which requires any person who had been present at 72 specified places during the specified period (persons subject to compulsory testing) to undergo a COVID-19 nucleic acid test.

In view of a number of cases testing positive, 70 specified places are included in the compulsory testing notice. Furthermore, since some sewage samples collected in Tai Wai and Tseung Kwan O have tested positive, two specified premises are included in the compulsory testing notice. The Government strongly reminds members of the public to strictly follow the compulsory testing requirements and undergo testing on time as required. Mobile specimen collection stations have been set up by the Government in different districts to facilitate testing to be conducted in compliance with the compulsory testing notice. The above compulsory testing requirement applies to those who have completed a COVID-19 vaccination course as well.

Persons who have tested positive in the past three months (including positive cases tested either by nucleic acid tests recorded by the Department of Health (DH) or by rapid antigen tests (RATs) that have been self-declared to the DH) do not need to undergo compulsory testing. For those who are subject to compulsory testing (save for those who have declared their positive RAT results as mentioned above), they must undergo nucleic acid tests in accordance with relevant compulsory testing notices and cannot use RATs to fulfil the requirement of such notices. In other words, a negative RAT result cannot be deemed as fulfilling the compulsory testing requirement. Furthermore, unless a person subject to compulsory testing has obtained a

medical certificate proving that he or she is unfit to undergo testing using a sample taken through combined nasal and throat swabs because of health reasons, the person cannot provide a deep throat saliva sample to fulfil the compulsory testing requirement.

Details of the compulsory testing notice will be available on the Centre for Health Protection (CHP)'s website via the following link: www.chp.gov.hk/files/pdf/ctn_20220716.pdf.

If any persons test positive under compulsory testing, such positive cases will be handled in the same manner as in those identified through other nucleic acid tests or self-declared through RATs. Their isolation arrangements (as well as the quarantine arrangements of their household members) are no different from other positive cases.

Persons subject to compulsory testing in accordance with a compulsory testing notice must go to any of the mobile specimen collection stations, community testing centres (CTCs) or recognised local medical testing institutions to undergo professional swab sampling in fulfilling the requirements for compulsory testing. Young children may continue to undergo the test using a stool specimen. For details on obtaining stool specimen bottles, please refer to the COVID-19 thematic website: www.coronavirus.gov.hk/pdf/Stool_bottle_collection_points.pdf.

If Tropical Cyclone Warning Signal No. 3 or above, the Red or Black Rainstorm Warning Signal or the post-super typhoon "extreme conditions" announcement by the Government is in force at any time during the period for undergoing the compulsory testing, the period for undergoing the compulsory testing will be extended for one day.

The Comirnaty and CoronaVac vaccines are highly effective in preventing severe cases and deaths from COVID-19. They can provide protection to those vaccinated to prevent serious complications and even death after infection. The Government appeals to persons who are not yet vaccinated to get vaccinated without delay. The Government is working towards the goal of boosting the vaccination rates of children, teenagers and the elderly so that they can be protected by the vaccines as early as possible. Furthermore, the Scientific Committee on Vaccine Preventable Diseases and the Scientific Committee on Emerging and Zoonotic Diseases under the CHP of the DH has earlier updated the consensus interim recommendations, and persons aged 60 or above who have taken three doses of vaccine are recommended to receive an additional dose (i.e. fourth dose) of either Comirnaty vaccine or CoronaVac vaccine at least three months after their last dose. Members of the public who are eligible should get the fourth dose as early as possible for better protection.

CTCs provide testing services for the public. Booking and walk-in services are available. Members of the public only need to provide simple personal information on the 24-hour booking system (www.communitytest.gov.hk/en). The system shows the booking status of the centres for the coming two weeks to facilitate the public's planning and selection of a suitable testing centre and a time slot for testing. The

testing centres will accord priority to serve individuals with advance bookings. As of 6pm today (July 16), there was around 96 per cent availability for booking places for the coming two weeks. Members of the public may call the testing centres for enquiries on the availability of bookings or walk-in quotas before visiting the centres.

The Government will reopen the mobile specimen collection stations at Bellagio in Sham Tseng, Cheung Hong Estate in Tsing Yi and Discovery Bay tomorrow (July 17). Separately, ticketing machines have been installed in a number of service points for on-site ticket arrangement. Members of the public who have obtained a ticket can visit the CTC website (www.communitytest.gov.hk/en) to check the real-time queueing ticket status. Booking service is also provided for some large-scale mobile specimen collection stations, and members of the public may use the 24-hour booking system (www.communitytest.gov.hk/en) to reserve a suitable time slot for testing.

Other than persons subject to compulsory testing, all members of the public may conduct free testing at CTCs or mobile specimen collection stations (if the service scope is applicable). The opening dates and operating hours of the mobile specimen collection stations are stated in the Annex.

Outdoor mobile specimen collection stations will be closed if the Strong Wind Signal No. 3 or Red Rainstorm Warning Signal has been issued, while all mobile specimen collection stations together with all CTCs will be closed when Tropical Cyclone Warning Signal No. 8 or above or the Black Rainstorm Warning Signal is in force. Any changes in the arrangements of testing service will be announced on site, and members of the public may also pay attention to the relevant press releases.

Persons subject to compulsory testing may choose to undergo testing via the following routes:

(a) For tests which require using a sample taken through combined nasal and throat swabs

1. To visit any of the mobile specimen collection stations (see the list and target groups (if applicable)

at www.coronavirus.gov.hk/eng/early-testing.html) for testing;

2. To attend any of the CTCs (see the list at www.communitytest.gov.hk/en);

3. To self-arrange testing provided by private laboratories which are recognised by the DH and can issue SMS notifications in respect of test results (see the list

at www.coronavirus.gov.hk/pdf/List_of_recognised_laboratories_RTPCR.pdf), and the relevant sample must be taken through combined nasal and throat swabs; or

4. To use a specimen bottle distributed to the relevant specified premises by the CHP (if applicable), and return the specimen bottle with the stool sample collected as per relevant guidelines.

(b) For persons holding a medical certificate issued by a registered medical practitioner proving that they are unfit to undergo testing using a sample

taken through combined nasal and throat swabs because of health reasons

1. To obtain a deep throat saliva specimen collection pack from post offices, vending machines set up at MTR stations or designated general out-patient clinics (GOPCs) of the Hospital Authority and return the specimen to one of the designated specimen collection points (see the distribution points and times, and the specimen collection points and times, at www.coronavirus.gov.hk/eng/early-testing.html);
2. To undergo testing at any of the GOPCs of the Hospital Authority as instructed by a medical professional of the Hospital Authority; or
3. To self-arrange testing provided by private laboratories which are recognised by the DH and can issue SMS notifications in respect of test results.

A Government spokesman cautioned that testing received at the Accident and Emergency Departments of the Hospital Authority, or testing provided by private laboratories which cannot issue SMS notifications in respect of test results, does not comply with the requirements of the aforementioned compulsory testing notice.

"If persons subject to compulsory testing have symptoms, they should seek medical attention immediately and undergo testing as instructed by a medical professional. They should not attend the mobile specimen collection stations or the CTCs."

Persons subject to compulsory testing must keep the SMS notifications containing the result of the test and the relevant medical certificate (if applicable) for checking by a law enforcement officer when the officer requires the persons to provide information about their undergoing the specified test.

Any enquiries on compulsory testing arrangements may be addressed to the hotline at 6275 6901, which operates daily from 9am to 6pm.

The Government will continue to trace possibly infected persons who had been to relevant premises, and seriously verify whether they had complied with the testing notices. Any person who fails to comply with the testing notices commits an offence and the maximum penalty upon conviction is a fine at level 4 (\$25,000) and imprisonment for six months. The fixed penalty for discharging the liability is \$10,000. The person may also be issued with a compulsory testing order requiring him or her to undergo testing within a specified time frame. Any person in breach of the compulsory testing order would be liable to a fine at level 5 (\$50,000) and imprisonment for six months.

The spokesman said, "The Government urges all individuals who are in doubt about their own health conditions, or individuals with infection risks (such as individuals who visited places with epidemic outbreaks or had contact with cases tested positive), to undergo testing promptly for early identification of infected persons."

Hospital Authority announces positive patient cases detected via admission screening or testing and clusters of nosocomial COVID-19 infections

The following is issued on behalf of the Hospital Authority:

The Hospital Authority today (July 16) announced information regarding patients who tested positive via admission screening or testing with patients or staff members identified as close contacts and nosocomial COVID-19 infection cases.

The following are the statistics of patients who tested positive via admission screening or by testing in public hospitals with patients or staff members identified as close contacts:

Hospital/clinic	Number of patients who tested positive	Number of patients identified as close contacts	Number of staff members without appropriate personal protective equipment identified as close contacts
Tuen Mun Hospital	1	3	–

In addition, a patient of a male psychiatric ward of Tai Po Hospital tested positive for COVID-19 on July 13. The hospital commenced contact tracing investigation. Two patients and two staff members also tested positive for COVID-19. The three patients have been transferred to Alice Ho Miu Ling Nethersole Hospital for treatment under isolation and are in stable condition. Two staff members are in stable condition.

Furthermore, one more female patient of a palliative care ward of Hong Kong Buddhist Hospital tested positive for COVID-19. So far, there are altogether nine patients and five staff members tested positive. The patient concerned is being treated under isolation in stable condition.

Two more male patients of an orthopaedics and traumatology ward of Queen Elizabeth Hospital tested positive for COVID-19. The patients concerned are being treated under isolation in stable condition. One of the patients had

previously undergone surgery and was admitted to Intensive Care Unit (ICU). The hospital commenced contact tracing investigation, 10 staff members were identified as closed contacts and required quarantine. Among them, an ICU nurse tested positive for COVID-19 today.

Admission and visiting arrangements for the aforementioned wards have been suspended. Thorough cleaning and disinfection have been conducted. The hospitals will continue to monitor the health condition of patients and staff members closely, and communicate with the Centre for Health Protection on the latest situation.